United Arab Emirates
Ministry of Education
AlZawra 1 School cycle2

دولة الإمارات العربية المتحدة
وزارة التربية والتعليم
مدرسة الزوراء 1 للتعليم الأساسي ح/2

What are the macronutrients?

Name: Date:

Select the correct answer here

Select the correct answer

Q1 **Which nutrients are known as macronutrients?**	a) iron, calcium, zinc b) vitamins A, B, C and D c) carbohydrate, protein and fat
Q2 **What is one of the main functions of fat?**	a) keep food moist b) a carrier of water soluble vitamins c) concentrated source of energy
Q3 **What are the two main types of carbohydrate?**	a) starch and sugar b) alcohol and starch c) fat and starch
Q4 **What is the main function of carbohydrate?**	a) to protect the body from disease b) to supply vitamin C c) to supply the body with a source of glucose
Q5 **What are the main functions of protein?**	a) energy b) growth and repair of the body c) fighting infections

Teacher / Naglaa Refaat



LIVEWORKSHEETS